



BOGA Yoga & FIT SCHEDULES Spring 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 AM - 11:10 AM BOGA Yoga Activity Pool Maximum 9				11:05 AM - 11:45 AM BOGA FIT Activity Pool Maximum 9
			<p>* February is the introductory month for this new class! February classes are free. Starting in March 2021 there will be a small fee of \$5.00 per class resident, \$7.00 non-resident.</p> <p>* All equipment is provided. Please bring a towel and proper swimwear for each class.</p> <p>* Teens ages 13-15 may participate in fitness classes if accompanied by an adult.</p> <p>* Modifications to exercise and varying intensity levels are offered.</p>		

Class Descriptions

BOGA Yoga 4 1/2-7 feet

This class combines Yoga and Pilates moves.

The goal is to create a more accessible aquatic experience that benefits Strength, Balance, Flexibility, Coordination and Core.

BOGA FIT 4 1/2 - 7 feet

A multi level high intensity class the focuses on Core Strenght, Balance, Flexibility and Coordination. Great for all athletes not just swimmers.

Process to Participate	Aquatic Fitness Pool Policy
<ul style="list-style-type: none"> • Class is held on a first come, first served basis. • Participation cards are required for all classes. • Check in at the Front Desk for class participation card. • Only one participation card is issued to each person starting 30 minutes prior to the start of the class. • Please give the class participation card to the instructor before class and confirm attendance. 	<ul style="list-style-type: none"> • Participants must wait for the instructor and lifeguard to be on duty before entering the water and immediately exit the pool once class has finished. • The maximum number of participants per class is listed below the class instructor. • Once all participation cards have been distributed, the class has reached its maximum capacity and you will be denied access to the class. • Instructors will not be allowed to grant access when maximum numbers have been reached due to pool safety ratios and overall space for an effective workout for each participant in the pool.

Classes/Times/Pool Space/Instructor are subject to change

Date revised: 12/5/2020

2021 Aqua Fitness Holidays

May 31, 2021	Memorial Day
July 4, 2021	Independence Day
September 6, 2021	Labor Day
Nov. 25 & 26, 2021 Nov. 27, 2021 TBD	Thanksgiving
December 20, 2021 Through January 4, 2022	Winter Holidays
Observe Holiday	Open swim hours

All Aqua Fitness class holidays are subject to change. Additional days may be added, and notification will be given in future editions of the Aqua Fitness schedule.